



Kinari
thai spa chain

SPA MENU

Feel the touch of Thailand and Bali Island

SPA PROGRAMS

Aloe Youth NEW

A rejuvenating ritual to restore suppleness and vitality. The body is first warmed in the sauna or hammam, then enveloped in a cooling aloe wrap rich in vitamins. A gentle exfoliation prepares the skin for a nourishing mask, followed by a relaxing oil massage. Perfect for tired skin in need of renewal and for regaining inner balance.

Steps:

- Sauna or Hammam — 15 min
- Body wrap with mask — 30 min
- Massage with oil — 60 min

Effect:

Anti-aging + Moisturizing + Perfect for sensitive skin

1 hour 45 minutes 22 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Bali Spa Ritual

Immerse yourself in the spirit of Bali. After a warming sauna or hammam, the skin is gently polished with a natural scrub, preparing it to absorb the benefits of a soothing body wrap. A Balinese oil massage then unfolds in long, wave-like movements, restoring balance and vitality. The ritual finishes with a calming head massage, leaving you centered, radiant, and at peace.

Steps:

- Sauna or Hammam— 15 min
- Body scrub — 15 min
- Body wrap with natural seaweed Laminaria — 30 min
- Massage with oil — 60 min

Effect:

Lymphatic drainage + Gentle weight loss + Detox

2 hours 27 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Royal Temptation

An indulgent spa journey fit for royalty. It begins with a soothing sauna or hammam, followed by a silky scrub that polishes and prepares the skin. A nourishing wrap envelops the body, and an aromatic oil massage with flowing movements brings profound relaxation. The finishing touch is a delicate facial mask, leaving you radiant, pampered, and deeply renewed.

Steps:

- Sauna or Hammam — 15 min
- Body scrub— 30 min
- Body wrap with mask — 30 min
- Massage with oil — 60 min

Effect:

Comprehensive care + Relaxation

2 hours 15 minutes 27 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Green Tea

A refreshing antioxidant journey inspired by green tea traditions. The ritual begins with a warming sauna or hammam, followed by a purifying scrub and a detoxifying green tea wrap. A massage with aromatic oils then releases tension and infuses the body with lightness. The senses awaken, the skin becomes smooth and luminous, and the spirit feels cleansed.

Steps:

Sauna or Hammam— 15 min

Body scrub — 30 min

Massage with oil — 60 min

Effect:

Detoxification + Moisturize

1 hour 45 minutes 22 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Tropical Mango NEW

A lush tropical escape designed to refresh and uplift. The ritual begins with a sugar scrub infused with ripe mango to gently polish the skin. An aloe body wrap then cools and nourishes, followed by a flowing oil massage that melts away tension. The treatment concludes with a revitalizing head massage, leaving you glowing, serene, and embraced by the sweetness of the tropics.

Steps:

- Sauna or Hammam— 15 min
- Body scrub — 30 min
- Body wrap — 30 min
- Massage with oil — 60 min

Effect:

Anti-stress + Nutrition + Exotics + Aromatherapy

2 hours 15 minutes 30 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Anti-cellulite Body Strategist by Comfort Zone NEW

A targeted body program designed to contour and energize. It combines an anti-cellulite massage with a warming wrap enriched with active botanicals, helping to stimulate circulation and smooth the skin's texture. Ideal for those seeking visible toning results while enjoying the care and precision of masterful touch.

Steps:

- Anti-cellulite massage — 60 min
- Hot wrap with booster mask — 20 min
- Cooling / Contrast wrap — 20 min
- Head massage (during wrapping)
- Applying anti-cellulite cream — 10 min

Effect:

Slimness + Anti-cellulite

1 hour 30 minutes 16 000 rub

MULTIPLE VISITS NEW

- 5 sessions with a 15% discount — 68 000 rub ~~80 000~~
- 10 sessions with a 20% discount — 128 000 rub ~~160 000~~



Author`s Complex Thann Transformation

NEW

An exclusive three-hour ritual inspired by the Thann philosophy of transformation. It begins with a body scrub of sea salt and lemongrass-scented oil to awaken the senses, followed by a soothing aloe vera wrap to refresh and restore. The journey continues with an aromatic oil massage, releasing tension and inviting deep harmony. Every stage flows into the next, leaving the skin radiant, the body light, and the mind renewed.

Steps:

For the body:

- Body scrub — 30 min
- Aloe vera body wrap — 30 min
- Massage with cream butter — 90 min

For the face:

- Cleansing
- Toning
- Lifting massage — 30 min
- Detox mask with clay — 15 min
- Hand or head massage of your choice (during the face mask)
- Cleansing peeling — 10 min
- Toning
- Moisturizing with cream

Effect:

Luxury gift + Anti-stress + Comprehensive face and body care

3 hours 30 minutes40 000 rub



SPA FOR TWO

Tropical Tenderness NEW

A tender tropical journey created for deep relaxation. The ritual begins in the warmth of a sauna or hammam, where the body softens and the breath deepens. A gentle exfoliation smooths the skin, followed by a nourishing wrap that cocoons the body. Masters then perform a flowing oil massage, easing away tension, and the program concludes with a delicate head ritual. You leave serene, light, and glowing with tropical warmth.

Steps:

- Sauna or Hammam — 10 min
- Body scrub — 20 min
- Massage with body butter — 60 min
- Facial mask during the massage — 15 min
- Face massage — 15 min

1 hour 45 minutes 36 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Date in Thailand NEW

A sensual journey designed for two, inspired by Thai traditions. It begins with a sauna or hammam, followed by a fragrant body scrub and nourishing wrap. The heart of the ritual is a synchronized four-hand massage that melts away tension and unites your energies. A final head ritual completes the program, leaving you both deeply relaxed and connected.

Steps:

- Sauna or Hammam — 15 min
- Body wrap (head and face massage during wrap)
OR body scrub for guest's choice — 30 min
- Massage with oil — 90 min

2 hours 15 minutes 55 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

In the embrace of Kinari SPA NEW

A signature Kinari experience that envelops you in warmth and care. The journey unfolds step by step: the sauna or hammam prepares the body, a scrub refines the skin, and a soothing wrap nourishes deeply. Masters then guide you into relaxation with a harmonious oil massage and a gentle head ritual. An experience of pure embrace, leaving you balanced and renewed.

Steps:

- Sauna or Hammam — 15 min
- Massage with oil — 60 min
- Face massage for her — 30 min
- Foot massage for him — 30 min

1 hour 45 minutes 36 000 rub



Balinese serenity* NEW

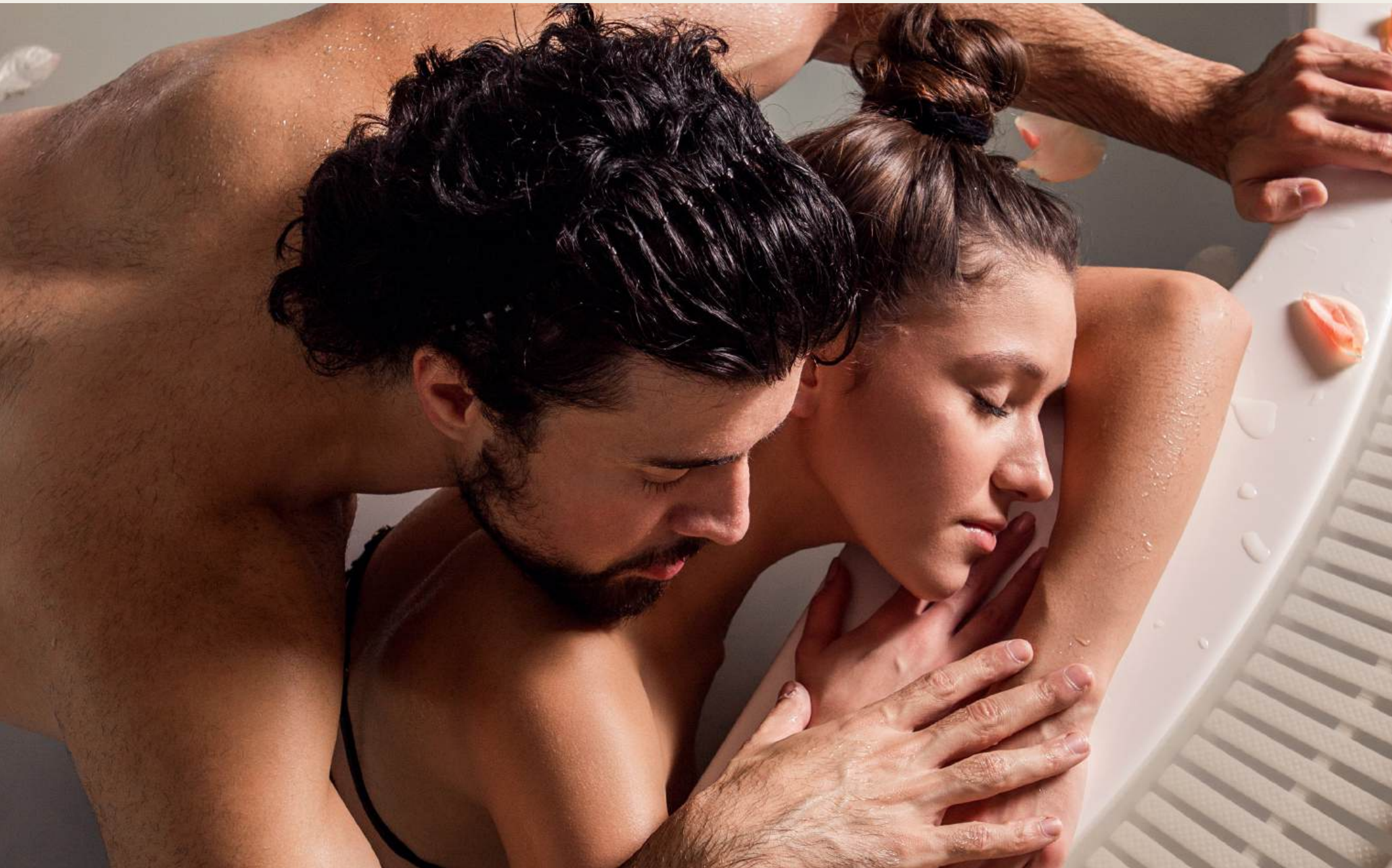
Immerse yourselves in Balinese Serenity — an exclusive ritual for two. Flowing movements, delicate aromas, and the attentive touch of masters create a private world of balance and peace. It is more than a program — it is time suspended, where every detail is devoted to care, closeness, and shared renewal.

Steps:

- Aqua zone — 30 min.
- Personal jacuzzi — 30 min.
- Two—stage peeling of the whole body — 30 min.
- Relaxing Balinese massage for two — 60 min.
- Facial massage using cryospheres — 30 min.

3 hours70 000 rub

*Balinese serenity is available only in the salon «Stars of Arbat».



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

Daughters-mothers NEW

An intimate ritual designed for parent and child to share care and closeness. It begins with gentle warmth in the sauna or hammam, followed by a fragrant scrub that smooths and refreshes the skin. Flowing oil massage relaxes the whole body, and a delicate facial ritual with a nourishing mask completes the journey. You both leave radiant, serene, and bound together by a sense of tenderness and well-being.

Steps:

- Sauna or Hammam — 10 min
- Body scrub — 15 min
- Massage with oil — 60 min
- Facial massage — 5 min
- Face mask — 5 min
- Tea ceremony served in the room — 10 min

1 hour 45 minutes 36 000 rub



*Steam room or sauna visiting and a tea ceremony as a compliment from Kinari Spa.

SPA-PROGRAMS FOR MEN

King of Thailand NEW

A powerful ritual crafted especially for men. It features a dynamic four-hand oil massage performed by two masters, followed by a revitalizing foot massage with Thai balm. The experience ends with an invigorating head massage, restoring clarity and energy. Ideal for men who seek both strength and balance in body and mind.

Steps:

- Four hands oil massage — 60 min
- Foot massage with thai foot massage cream — 15 min
- Head massage with aroma—balm (during foot massage) — 15 min

1 hour 15 minutes 33 000 rub



Harmony and Balance

The ritual begins with a sauna or hammam, gently warming the body and enhancing circulation for deep relaxation and detoxification. A dynamic sports massage follows, where the master uses firm techniques — including elbows and forearms — to release tension and improve mobility. The journey concludes with a revitalizing foot massage, stretching from toes to thighs, stimulating circulation and leaving you refreshed and energized.

Steps:

- Sauna or Hammam — 15 min
- Sports massage — 90 min
- Foot massage — 15 min

2 hours 27 000 rub





FACIALS

Healing Symphony

This facial and head ritual is built on the art of acupressure. With gentle, attentive touch, the master glides across the delicate zones of the face — cheeks, forehead, temples, and eyelids — using a combination of massage and targeted pressure to awaken energy points and restore inner harmony. The treatment improves local circulation, eases tension, and brings a sense of clarity. A nourishing face cream completes the ritual, leaving skin radiant and the spirit renewed.

Steps:

Facial cleansing with tonic — 5 min
Face massage — 30 min
Head massage — 10 min
Face tonic

45 minutes 10 000 rub

Instant Transformation

A results-oriented facial designed to refresh and visibly brighten the skin. The master combines gentle exfoliation with targeted acupressure and a revitalizing mask to restore radiance and tone. Comforting massage sequences promote circulation and a relaxed expression, while a nourishing finish leaves skin luminous.

Steps:

Cleansing	Hand or head massage of your choice
Toning	during the face mask)
Lifting massage — 30 min	Cleansing peeling — 10 min
Detox mask with clay — 15 min	Toning
	Moisturizing with cream

60 minutes 11 000 rub



MASSAGES

Thai oil massage

A harmonious blend of traditional Thai techniques and soothing oil work, designed to melt away tension, improve flexibility, and calm the nervous system. Flowing strokes and targeted pressure promote deep relaxation and a lasting sense of well-being.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Balinese massage with oil

Rooted in Indonesian healing rituals, this deeply soothing massage combines flowing, wave-like strokes, warm oil, and gentle pressure to release tension and calm the mind. Ideal for deep relaxation, radiant skin, and a renewed sense of well-being.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Sports massage

A focused full-body massage with oil of your choice to relieve muscle tightness, improve mobility, and support recovery.
Ideal before or after training to enhance performance and help prevent discomfort.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Anti-Cellulite Massage

A targeted massage for the abdomen, thighs, and buttocks designed to stimulate circulation and tone the skin.
For optimal results, we recommend a course of treatments.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Hot stone massage

Heated smooth stones are used together with flowing manual techniques to dissolve deep-seated tension and restore natural ease.
The comforting warmth improves circulation and promotes profound relaxation and harmony.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Massage with herbal bags

A restorative massage using warm herbal pouches filled with healing botanicals. The gentle heat and natural aromas relax muscles, stimulate circulation, and leave the body feeling light and renewed. This massage delivers both relaxation and therapeutic benefits.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub
2 hours	24 000 rub

Thai traditional foot massage

In addition to improving your physical well-being, a foot massage can help balance your mood and relieve stress. This ritual eases muscle tension and blockages while improving circulation. The treatment blends techniques such as stroking, rubbing, bending, and gentle stretching.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub

Four-hand Thai or Balinese oil massage

Embark on a journey of deep relaxation with our signature four-hand massage, where Thai stretches merge seamlessly with the flowing, rhythmic strokes of Balinese technique. Performed with warm aromatic oil of your choice, two masters move in perfect harmony to release tension, improve circulation, and restore balance. An exceptional escape for body, mind, and spirit.

1 hour	22 500 rub
1 hour 30 minutes	31 500 rub
2 hours	38 000 rub

Pregnancy massage

A gentle, nurturing massage designed for expectant mothers, using side-lying positioning and light to moderate pressure to ease back, leg, and shoulder tension. Promotes relaxation and overall comfort.

1 hour	13 500 rub
1 hour 30 minutes	19 000 rub



Additional programs

Oil massage — 30 minutes	6500 rub
Anti-cellulite massage with Chili oil (NEW) — 30 minutes	6500 rub
Thai traditional foot massage with cream — 30 minutes	6500 rub
Massage of the cervical-collar area — 30 minutes	6500 rub
Face and head massage — 30 minutes	6500 rub
Body scrub — 30 minutes	6500 rub
Body wrap — 30 minutes	6500 rub
Body wrap with laminaria — 30 minutes	6500 rub
Face tonic, scrub and face mask (NEW) — 30 minutes	4500 rub
Face mask during massage (NEW)	2200 rub
Body butter	1700 rub
Hammam / cedar barrel / steam sauna — 15 minutes.....	3000 rub
Hammam / aqua-zone — 30 minutes.....	5000 rub



SPA HOME

Our masters bring the Kinari ritual to you.
The same warmth, aromas, and attentive care — in the comfort of your home.

Thai traditional massage — 2 hours	35 000 rub
Thai oil massage — 2 hours	35 000 rub
Sports massage — 2 hours	35 000 rub
Balinese massage with oil — 2 hours	35 000 rub

+1 hour (thai oil, balinese oil, sports, traditional) 17 500 rub

Anti-cellulite massage with Chili oil (NEW) — 30 minutes	9 000 rub
Foot Massage with Thai massage cream (NEW) — 30 minutes	9 000 rub
Massage of the cervical-collar area (NEW) — 30 minutes	9 000 rub
Face and head massage (NEW) — 30 minutes	9 000 rub

Face mask during massage (NEW)	2 200 rub
Body butter (NEW)	3 400 rub





WE WILL BE GLAD TO CELEBRATE YOUR BIRTHDAY TOGETHER!

We offer 20% discount on our services 3 days before
and 3 days after your birthday.

Dedicate this time to yourself or share this moment
with your loved ones — the offer applies to companions
when paying for a visit with a single check.

GIFT CERTIFICATE

FOR ANY SERVICE FROM THE SPA MENU

Give the gift of an unforgettable spa journey.
A refined present for women and men alike — a moment of serenity,
care, and renewal that lingers long after the ritual is over.

1 hour massage	from 13 500 rub
Spa-program for body	from 22 000 rub
Spa-program for two	from 36 000 rub
Denomination for any amount	from 15 000 rub



SPA party*

Celebrate friendship in the most delightful way — with a private SPA party. Whether it's a birthday, a bachelorette, or simply a reason to be together, the atmosphere is filled with warmth, beauty, and care. Laughter, shared rituals, and refined relaxation make this day unforgettable — a celebration you and your friends will always treasure.

Steps:

- Relax in the spa area/sauna/hammam — 60 min
- Natural body scrub — 30 min
- Balinese massage with oil — 60 min
- Face mask during the massage — 15 min
- Tea ceremony — 30 min

3 guests	66 000 rub
4 guests	88 000 rub
5 guests	110 000 rub
5 guests	132 000 rub

*Spa parties are held in the salons:

- Smolenskaya metro station, Novy Arbat St., 32 («-1» floor);
- Baumanskaya metro station, Rubtsovskaya embankment, 2, building 2;
- Moscow region, Istra district, Pokrovskoe village, Tsentralnaya str., 27/2 floor "2";
- Novorizhskoe highway, Pavlovskaya Sloboda village, Lenin St., 76, building 7;
- Strastnoy blvd., 2, floor "-2";
- Voznesensky lane, 7, floor «-1»;



SPA day*

Immerse yourself in the serene atmosphere of our spa complexes.

Spend an unforgettable day at Kinari Spa — a perfect way to escape daily routines and enjoy a private moment of tranquility. Our spa day is a true mini-vacation designed to restore energy, balance, and inner peace. You can relax in the cozy ambiance of our spa complexes located at the Standard Hotel and Arbat Stars Hotel, each offering ideal conditions for rest and renewal.

This day is all about you.

For your comfort, we provide robes, slippers, towels, and drinking water. Please bring your swimsuit — or you can purchase one directly at the salon.

The spa complex at the **Standard Hotel** features a sauna, hammam, plunge pool, and relaxation area.

At the **Arbat Stars Hotel**, enjoy a sauna, hammam, jacuzzi, snow shower, sensory shower, and a serene lounge zone.

Adults	8 500 rub
Children under 12	4 500 rub

*Spa parties are held in the salons:

- Smolenskaya metro station, Novy Arbat St., 32 («-1» floor);
- Strastnoy blvd., 2, floor "-2";

www.kinari.ru

ADDRESSES OF SALONS

- Lomonosovsky Prospekt metro station. Lomonosovsky Prospekt, 29, building 2, +7 (985) 643-99-77
- MO, Odintsovo district, Zhukovka village, 67A, +7 (985) 723-38-38
- Baumanskaya metro station. Rubtsovskaya embankment, 2, building 2, +7 (916) 938-38-38
- Shchukinskaya metro station. Aviatsionnaya str., 77 building 2, +7 (985) 038-38-38
- Novorizhskoe sh., village Pavlovskaya Sloboda, Lenin str., 76, building 7, +7 (985) 808-38-38
- Smolenskaya metro station. Novy Arbat str., 32 (-1 floor), +7 (925) 616-38-38
- MO, Istra district, Pokrovskoye village, Central str., 27/2, floor 2, +7 (926) 266-38-38
- Strasnuy blvd., 2nd floor "-2", +7 (925) 616-38-38
- Voznesensky ln, 7, floor "-1", +7 (925) 887-38-38